

Saddleworth Pool Programme

Monday 17th August – Sunday 6th September 2026

Please note that the Oldham Active pool timetables are subject to change at short notice.

Pool Admission Policy applies (oldhamactive.co.uk/policy-governance).

Session	Session Description
Public Swim	This session is suitable for all ages and abilities. *
Fun Swim	Ideal for children of any age. It is a fun based session in which a variety of floats and toys are available for people to use.
Family Swim	Ideal for families who want to spend some quality pool water time together in a friendly, safe environment.* For groups of adults and children. Children must be directly supervised in the pool by parent/guardian (18 years plus). You must provide your own floatation aids.
Female Only Family Swim	This is a specialised session for females of any age. Males aged 8 and above are not allowed to attend this session.*
Female Only Swim	This is a specialised session for females who are aged 8 & over. No males of any age are allowed in this session.
Male Only Swim	This is a specialised session for males who are aged 8 & over. No females of any age are allowed in this session.
Lane Swim	Ideal for all swimmers aged 8yrs+. All swimmers must be able to complete two continuous lengths of the pool unaided. If a lifeguard deems that you're unable to meet this requirement, you may be asked to leave the pool and will be advised on a more suitable session.
Adult Lane Swim	Adult only lane swim. All swimmers must be able to complete two continuous lengths of the pool unaided. If a lifeguard deems that you're unable to meet this requirement, you may be asked to leave the pool and will be advised on a more suitable session.

Day	Time	Session	Pool	Lanes
Monday	06:00 - 09:00	Lane Swim	Main Pool	4
Monday	09:00 - 10:00	Adult Lane Swim	Main Pool	2
Monday	11:00 - 12:00	Public Swim	Main Pool	4
Monday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Monday	13:00 - 14:00	Public Swim	Main Pool	4
Monday	14:00 - 15:00	Family Swim	Main Pool	4
Monday	15:00 - 16:00	Lane Swim	Main Pool	4
Monday	16:00 - 17:45	Public Swim	Main Pool	3
Monday	16:00 - 17:45	Adult Lane Swim	Main Pool	1
Tuesday	06:00 - 09:00	Lane Swim	Main Pool	4
Tuesday	11:00 - 12:00	Public Swim	Main Pool	4
Tuesday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Tuesday	13:00 - 14:30	Family Swim	Main Pool	4
Tuesday	14:30 -15:45	Public Swim	Main Pool	4
Tuesday	19:30 - 20:45	Lane Swim	Main Pool	4
Wednesday	06:00 - 09:00	Lane Swim	Main Pool	4
Wednesday	09:00 - 10:30	Family Swim	Main Pool	4
Wednesday	10:30 - 12:00	Public Swim	Main Pool	4
Wednesday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Wednesday	13:00 - 15:00	Public Swim	Main Pool	4
Wednesday	15:00 -15:45	Lane Swim	Main Pool	4
Thursday	06:00 - 09:00	Lane Swim	Main Pool	4
Thursday	09:00 - 10:00	Public Swim	Main Pool	4
Thursday	11:00 - 12:00	Public Swim	Main Pool	4
Thursday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Thursday	13:00 - 14:30	Family Swim	Main Pool	4
Thursday	14:30 -16:00	Lane Swim	Main Pool	4
Thursday	19:45 - 20:45	Lane Swim	Main Pool	4
Friday	06:00 - 09:00	Lane Swim	Main Pool	4
Friday	10:00 - 11:00	Family Swim	Main Pool	4
Friday	11:00 - 12:00	Public Swim	Main Pool	4
Friday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Friday	13:00 - 15:00	Public Swim	Main Pool	2
Friday	15:00 - 15:45	Lane Swim	Main Pool	2

[illegible]